

Annual Review
2016-2017



Truthful living,
caring for all

NAMDHARI SIKH SANGAT UK

Annual Review 2016-17

The Namdhari Sikh diaspora has grown significantly especially in the UK, US, Canada and other Western countries with the blessings of Sri Satguru Jagjit Singh Ji.

Satguru Ji regularly visited His Sikhs, guiding them on the fundamentals of Gurbani whilst reiterating that a Sikhi and Naam-Bani focused way of life was equally important to adapting to their new found home and culture.

Today we are proud to see that second and third generation Namdhari Sikhs continue to be identified with their distinct and unaltered Sikhi tenets. Self discipline, austere living and devotion to Satguru Ji are the basis of the Namdhari way of life. These peace loving Sikhs have contributed immensely to their respective countries in various ways whilst eschewing illicit addictions, remaining teetotalers and practicing vegetarianism.

Gurbani teaches us :-

ਸਤੁ ਸੰਤੋਖੁ ਦਇਆ ਕਮਾਵੈ ਏਹ ਕਰਣੀ ਸਾਰ॥

Sath Santhokh Daya Kamaveh Eh Karni Saar.

*Practice truth, contentment and kindness; this is the
Most excellent way of life.*

Religion is a sacred responsibility. It is one's commitment towards righteousness and good character, therefore this should be the ultimate goal of any faith. It was exactly this message that Sri Guru Nanak Dev Ji brought with Him about five and half centuries ago. Satguru Ji busted myths and shunned redundant rituals in establishing a clean, simple and practical blueprint for this life long journey.



**HIS HOLINESS
SRI SATGURU JAGJIT SINGH JI,
LAKE WINDERMERE 1984**

Earning an honest living, meditating on the Almighty and helping the needy were the foremost pillars of his message. These pillars serve as non discriminatory principles for a common faith for humanity and thus propagates an ideal way of living.

Sri Satguru Jagjit Singh Ji once attended a university gathering of religious scholars in Japan. Someone from the audience asked what is the best religion of this world.

Satguru Ji beautifully quoted the below verse from Gurbani :-

ਬੋਲੀਐ ਸਚੁ ਧਰਮੁ ਝੂਠੁ ਨ ਬੋਲੀਐ ॥

Boliyeh Sach Dharam Jhoot Na Boliye

*So speak the truth, in righteousness and do not speak
falsehood.*

Sri Satguru went on to add even if you are an atheist you would agree with this.

In another sermon Sri Satguru Jagjit Singh Ji teaches us the importance of keeping our culture and identity and how it is perfectly compatible with our modern world. He says

"Make an effort to teach your children Punjabi. This will enable them to understand the beautiful message and rich philosophy of Gurbani. Today's youth are constantly exposed to many morally damaging agents, however, by being able to understand and heed onto the message of Gurbani they can equip themselves to follow the universal message of Sri Satguru Nanak Dev Ji. This message that shuns violence in thought and action, motivates one to feed the hungry, provide for the deprived, protect the right of the kine and poor. Without this guiding light of Gurbani that our Satgurus have graced us with, we would be lost in the modern world."

My congratulations to the team who have taken this laudable step in publishing and thus sharing the message of Sikhism to a wider audience.

Sri Satguru Uday Singh Ji
February 2018

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INTRODUCTION

Namdhari Sikhs first moved to the UK in the early 1960s. Several families congregated in each others homes to pray collectively. Naam Simran was performed weekly and Langar would be served and shared thereafter.

The UK Sangat was blessed with Sri Satguru Jagjit Singh Ji's first Darshan on 28th August 1967 as They were greeted by dignitaries and Sangat members at Heathrow Airport.

Over the years, as the Sangat grew in numbers, five Gurdwara's were established throughout the UK. These are found in East and West London, Birmingham, Leeds and Leicester.

The core tenants of Namdhari Sikhs are laid by Sri Satguru Nanak Dev Ji,

- Naam Japna (Recite the creators Name)
 - Kirat Karni (to earn an honest living)
 - Vand ke Shakna (share with others especially those less fortunate)
- and the tenth Guru Sri Satguru Gobind Singh Ji- Kanga, Kesh, Kara, Kashera and Kirpan (The 5 K's) are to be retained by all Sikhs at all times.

This Sikhi was cherished and shared all over Punjab by Sri Satguru Ram Singh Ji in the late 1800's. Not only was He the first to raise the flag for India's Independence, He also reignited the passion within Sikhs to once again partake in Amrit and become baptized Sikhs.

Sri Satguru Jagjit Singh Ji made numerous visits to the UK spanning over almost 50 years. Each visit would comprise of blessing the Sangat with Darshan, visiting many homes especially those who were unwell or elderly, listening to those who had no other to turn to and giving them direction for a better life. Their attributes were immeasurable and Their magnetic personality would create everlasting bonds. They encouraged education for all children, and wished for all to exude an essence of Kirtan, Gurbani and Indian Classical music.

We are now inspired by Sri Satguru Uday Singh Ji, the present Satguru of the Namdhari Sikhs. They have evoked a new energy and kindle especially within the youth. Motivating many to establish new projects, rewarding charity work both here and abroad, and shared Their vision to create a new structure which will help us share our values and provide more Sewa amongst the wider community.



1976 Wolverhampton, A special memorial programme held in honour of Sri Satguru Ram Singh Ji.

ONE CHARITY

Sri Satguru Uday Singh Ji's vision is to primarily spread the Sikh values of Sri Satguru Nanak Dev Ji and Sri Satguru Jagjit Singh Ji.

In order for any organization to be productive, it's important to have a vision. Sri Satguru Ji themselves gave NSSUK guidance and excerpts from Sri Guru Adh Granth Sahib Ji. Alongside extracts taken from Sri Satguru Jagjit Singh Ji's sermons, a new vision statement has been created.

TRUTHFUL LIVING, CARING FOR ALL.

*Gurbani constantly reminds us of being truthful.
Ardas concludes with - "Sarbat Dha Bhalla" which translates to:
'May Good Come To All'*

Ek Oankaar symbol which translates to 'One universal creator', Mala, Gurmeh and Khanda.



The lead team are creating new systems, policies and procedures. These will be shared with all local teams and the Sangat to help improve our working relationships with each other and to be able to provide better care and Sewa for not only our Sangat but also the wider community.

New accounting systems have been introduced, making payments and donations easier and accountability more transparent.

Sri Satguru Ji have urged to help locate and provide better facilities for the communities. These building projects will comprise of professional Sangat members who can help with this Sewa.

Alongside the new branding, we will have a new website, individual email accounts, stationary and a more specific and standardised feel to how we come across as an organisation. Communications will be made easier with standardised templates and posters. These will be readily available with individual logins for the local team leads.

Uniformity is paramount when representing an organization and we should all strive to work together to help complete Sri Satguru Ji's vision to the best of our abilities.



- ✓ New systems, policies and procedures created and shared with local teams and Sangat.
- ✓ Improved working relationships between sewa teams.
- ✓ New accounting systems with more transparency.
- ✓ Locate and provide better facilities, including building projects.
- ✓ Improved communication with new branding, website, emails which will convey a clear standardized message.



'Sri Satguru Uday Singh Ji 30th August 2016'

SRI SATGURU UDAY SINGH JI UK VISITS (DHAURA)

-  Sangeet Baithak with Pt. Sanju Sahai Ji
-  Youth discussion of the book Discourses- Sri Satguru Jagjit Singh Ji
-  Sri Satguru Jagjit Singh Ji annual football tournament
-  Sri Mata Chand Kaur Ji memorial programme
-  Sri Satguru Uday Singh Ji visit to Swami Naryan Mandir

We felt the importance of having a visual record of Sri Satguru Ji's visit.

It's not only a way of archiving but also a great way to share these memories and key moments with the Saadh Sangat both nationally and internationally.

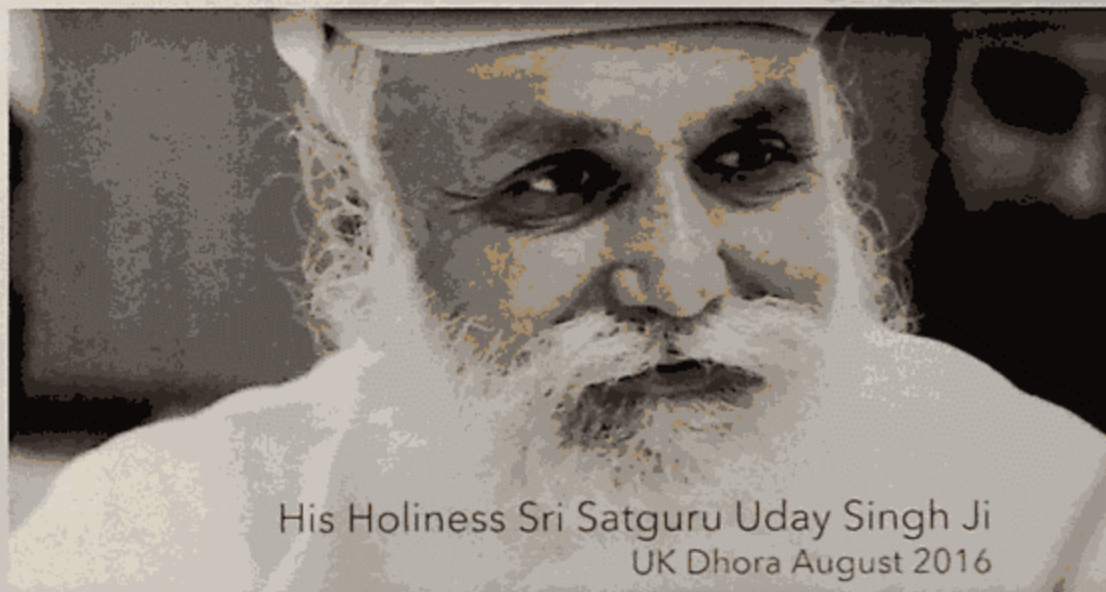
This project also helped us realise the need for our own media team to

help provide live links and also taking photographs and video recordings of key moments during the dhaura.

This video was created by Jatinder S Hanspal, and has been uploaded on YouTube to be viewed by all Sangat members.

UK DHAURA AUGUST 2016 VIDEO AVAILABLE ON YOUTUBE

His Holiness Sri Satguru Uday Singh Ji
UK Dhaura August 2016



His Holiness Sri Satguru Uday Singh Ji
UK Dhaura August 2016

SRI SATGURU UDAY SINGH JI DHAURA

10-12TH FEBRUARY 2017

WHEN ASKED FOR FORGIVENESS FOR
ANY MISTAKES SRI SATGURU JI LOVINGLY
REPLIED:

“YOU HAVEN’T MADE ANY”.

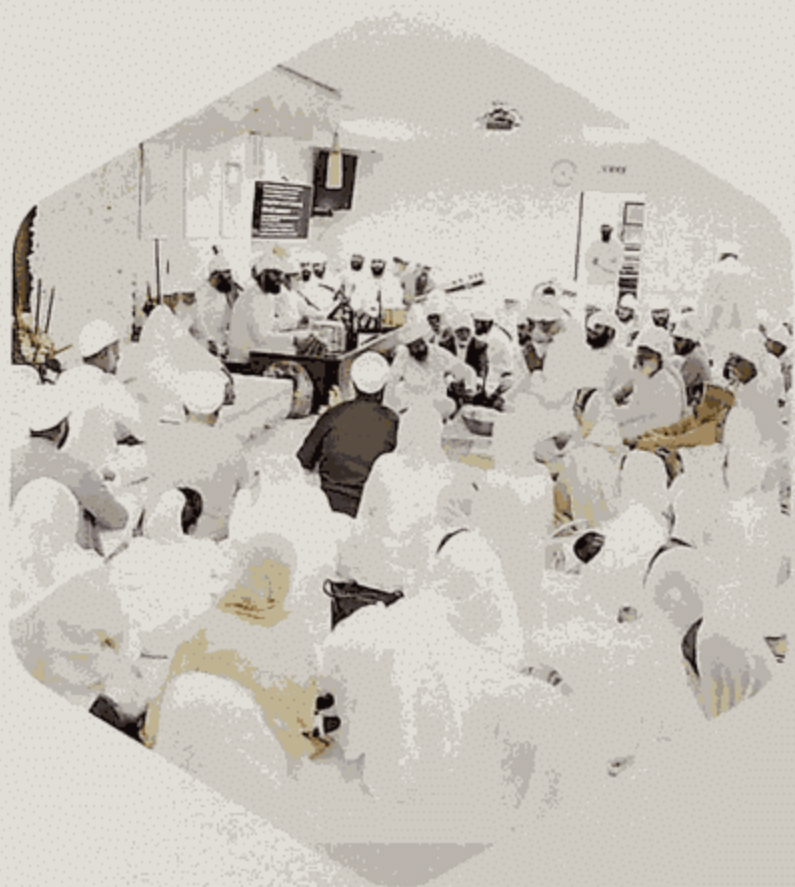
-  Sri Satguru Ji spent time with the new NSSUK team in a meeting which was led by Pardhan Kuldip S Ubhi explaining Their vision.
-  Sri Satguru Gobind Singh Ji's 350th birth celebrations.
-  Basant Mela consisted of a new format, a culmination of a children's exhibition, presentations, speeches and Sangeet. The mela was dedicated to Sri Satguru Ram Singh Ji's 200th Prakash and named Project 200.
-  A timeline of Sri Satguru Ram Singh Ji was showcased.
-  The launch of Saga of Sri Satguru Jagjit Singh Ji book.
-  Sri Satguru Ji greeted the VIP guests and explained how we should all strive to be better humans, and how this is explained in the Sri Guru Adh Granth Sahib Ji.
-  Awakening of Punjab: Namdhari Virtues, a play presented by the youth highlighting some of Sri Satguru Ram Singh Ji's achievements.
-  Launch of project P350 marking the 350th birth anniversary of Sri Satguru Gobind Singh Ji.



SRI SATGURU UDAY SINGH JI DHAURA 1-4TH JUNE 2017

- Launch of Walk to Sri Bhaini Sahib at Firlope Park, raising money for the East Africa Famine Appeal. Near 200 sangat members completed almost 500km.
- Youth discussion of the new book 'Saga of Sri Satguru Jagjit Singh Ji' with Sri Satguru Ji followed by P350 youth presentation.
- An event commemorating the social reforms and achievements of Sri Satguru Ram Singh Ji.





SRI SATGURU UDAY SINGH JI DHAURA 23RD-29TH AUGUST 2017

"I ENJOYED BEING WITH SANGAT, IT WAS BEAUTIFUL"
SRI SATGURU JI (29TH AUGUST 2017)

- An audio recording of Sri Guru Adh Granth Sahib Ji was presented to Sri Satguru Ji
- The Rainmaker concert to launch Jagjit Arts held at the Kings Place in London.
- P350 presentation comprising of Sri Satguru Gobind Singh Ji's life history marking Their 350th birth anniversary. Sri Satguru Ji blessed the team and said it was "beyond their expectation!"
- Sri Satguru Ji blessed Leeds Sangat with a new Sewa team.
- Whilst visiting families, Sri Satguru Ji urged family members to abstain from consuming meat and alcohol.
- The Asa di Vaar project- Asa Di Vaar was divided between all Gurdwara youth groups and presented to Sri Satguru Ji.
- 23 Paath dhe Bhog of Sri Guru Adh Granth Sahib Ji were recited and completed, led by the youth with both males and females participating.
- A programme to commemorate 50 years since Sri Satguru Jagjit Singh Ji's first UK Dhaura on 28th August 1967.





CHARITY WORK AND SEWA

EAFA FAMILY FUN DAY

NAMDHARI SIKH COMMUNITY LEICESTER
ready to serve
CHARITY FAMILY FUN DAY
 RAISE MONEY FOR THE EAST AFRICA APPEAL

SAT 24th JUNE
 100 to 430pm

TICKETS
 £1 PER TICKET
 £2 FAMILY TICKET

THE KINGS CENTRE
 11 BULL HEAD STREET, WIGSTON, LEICESTER LE18 1PP
 CONTACT: 0116 2553 0000 / 0116 2553 0000

NAMDHARI SIKH SANGAT
EAST AFRICA Famine Appeal
 TEXT: 07900 123456 TO DONATE £10
 Text to 07900 123456 to donate £10
 Text to 07900 123456 to donate £10
 Text to 07900 123456 to donate £10

DESIGNER SAREES
 BY INTERNATIONALLY RENOWNED DESIGNERS
 CLEARANCE STOCK DAY SALE STARTING FROM £20

**Face Painting
 Arts & Crafts
 Soft Play Blocks**

Asian Food Festival

- Cream Tea
- Refreshments
- Food Stalls
- Cakes
- Ice Cream
- Lots More

SUMMER FETE
 SCORE A GOAL! HULA HOOPING
 BALL PIT AND MUCH MORE!

Dessert Parlor

In February 2017, during Sri Satguru Uday Singh Ji's Dhaura to the UK, They highlighted the need to help those who are suffering from the worst drought seen in over 60 years, where millions of people are already affected by food shortages in East Africa.

The situation in East Africa is threatening to become a humanitarian catastrophe if international help is not provided urgently. Nearly 11 million people in Kenya, Ethiopia and Somalia are dangerously hungry and in need of humanitarian assistance. The worst drought-affected areas in Somalia are on the brink of famine.

With the blessings of Sri Satguru Ji, the Namdhari Sikh Communities from Kenya and the UK have been working together to deliver food, water and other resources in Kenya.

To help raise money for this appeal, the Namdhari Sikh Community in Leicester held a charity family fun day on 24th June 2017, where members of the Saadh Sangat came together and organised an event which would attract people from all different faiths and backgrounds. The idea behind this was to get Sri Satguru Ji's message out to a wider audience and get their help and participation in helping support this cause.

The event was organised by the youth in Leicester. The charity event had a variety of attractions, which included bouncy castles, food sale, tombola's, raffle, clothes sales, cake decorations, personalised mug designs and much more.

With the blessings of Sri Satguru Ji, the event was a great success and raised more than £6,100 in donations, of which 100% will go towards providing food and water to those who need it in East Africa.



24TH JUNE 2017
EAST AFRICA APPEAL



MORE THAN £6100 RAISED

100% of the money will reach those who need it in East Africa, providing food and clean water.



CHARITY FAMILY FUN DAY

Raffle tickets, saree sale, cake sale, fun and games for children and much more was held.

CHARITY WORK AND SEWA

EAST AFRICA FAMINE APPEAL



SATGURU JI'S VISION

During Thier brief visit in February 2017, Sri Satguru Uday Singh Ji voiced Their thoughts about the droughts which are currently affecting over 16 million people across the horn of East Africa. Sri Satguru Ji reiterated the importance of Sewa and compassion towards others for the betterment in a Gursikh's life.

WHAT ARE WE DOING?

The Namdhari Sikh Sangat UK are working with the Namdhari Sangat East Africa to provide food, water and aid to those who are in need.

With your Sewa and donations, the Nairobi Sangat have already reached out to remote villages and provided 30 tonnes of supplies in April.

A team of UK Sewadaars have kindly come forward and are going to be travelling to Kenya to work alongside the team of Sewadaars in Nairobi. The second delivery will take place from 7th June to 14th June.

WHAT IS OUR AIM?

Short Term: Our target is to deliver another 30 tonnes of food and water to affected areas.

Long Term: We are looking into self sustainable solutions such as; bore holes, water purification, filter systems and fresh water pumps.

DONATIONS

Each delivery of supplies costs approximately £22,500. With your support, we are able to serve the less fortunate. Currently, we have raised in circa of £10,000. However, we still have a long way to go. A donation of £10 can feed a family of 4 for up to 7 days. There are many ways in which donations can be made, including our new Virgin Money page.

APRIL 2017 - ROUND 1

The first delivery took place on 14th April - 17th April. This consisted of 15 tonnes of our, 7.5 tonnes of beans and 7.5 tonnes of maize. Over 400,000 litres of water was distributed. These ingredients are used to make traditional local meals such as Ugali and Githeri.

Reverend Patrick Ochieng, shared a few words on behalf of one of the local villages, "I am very grateful for your kind support to the Rendille people. The water supply is going on smoothly. All our prayers are for you all." Rev. Ochieng went on to say, "We appreciate you so much, some families now could cook the relief food you brought after getting water. Thank you once again for caring. May your prayers be answered, you have been a blessing to many at this hour of need. We are truly grateful".



Above: A Village lady emotional after receiving fresh water

SHOEBOX APPEAL

Children of the Birmingham Namdhari Punjabi Class have come up with an initiative to donate an item, such as a toy, to the children in the villages of Kenya. The idea is to get together and decorate a shoebox and fill with your items.

We need your help to continue raising money for the appeal and your ideas are important to us. Please forward your suggestions to:

donate@NamdhariSikhs.co.uk



Above: Namdhari Sangat East Africa delivering relief in April 2017



CHARITY WORK AND SEWA

FOOD4ALL



Sri Satguru Nanak Dev Ji preached the message of serving humanity as one and began the langar system. Langar provides a basic nourishing vegetarian meal to any one regardless of caste and creed. It also provides an opportunity of Sewa, selfless service, a wonderful experience to participate collectively to prepare and cook the langar.

It is a part of every Sikh's duties to participate in charity work, and to help those in need. Our founding father Sri Satguru Nanak Dev Ji also urged Dhaan, 'giving' at every given opportunity and to put the needs of those less fortunate above yours.

Namdhari Sikhs have been blessed with great personalities in our community, who have provided selfless service to the Sangat and wider communities without a care for themselves. We have been blessed to have witnessed the great Mata Chand Kaur Ji as she went about her daily duties in Sri Bhaini Sahib, she provided a beacon of hope to all members of the sangat.

Taking together this concept of the langar and selfless service of humanity the idea for Food4All was born. The idea was to take langar to those that needed it the most. In London, approximately 8000 people have slept on the streets throughout 2017 and this issue of rough sleeping and homelessness is growing.

My wife Anju and I decided to use our resources and with the support from our local Gurdwara we could provide those who sleep rough with a hot vegetarian meal. We decided to limit our social activities and use the money we saved to fund and provide meals for the homeless. Each time we went to feed the homeless, we were inspired further and decided to dedicate more of our free time to help.

When we began Food4All, we initially provided meals at the Gurdwara but we quickly found that this was not the most effective solution. Throughout London there are many hotspots where the homeless gather together, so we decided to take our meals to these locations.

With Sri Satguru Uday Singh Ji's blessings we now provide on average 200 hot vegetarian meals on a weekly basis from the Namdhari Sikh Gurdwara in East London. From funding the project ourselves we have now grown our funding with many members of the local Sangat, to members of the wider

community and local businesses, all have donated their time and money in helping us continue this service of helping those that society has forgotten.

Now our future plans include opening up the first vegetarian/vegan Food Bank in London. A food bank is for people who are struggling financially and they can come and collect donated food packages to help them through hard times. With Sri Satguru Uday Singh Ji's Kirpa (blessings) we have had meetings with several businesses and local charity organisations to help set up the Food Bank and we are also taking this concept national to other Gurdwaray.

Nim and Anju Saggu



CHARITY WORK AND SEWA

GREAT EGGLESS BAKE OFF



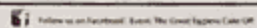
SUNDAY 3RD JULY



The Great
Eggless
Cake Off

SCHEDULE OF THE DAY	Harborne Food School 106 High St, Birmingham B17 9NJ
9AM - 1 PM SHOW STOPPER 11AM JUDGING FINISHED ITEM 1 - 2PM JUDGING SHOWSTOPPER 1.15 - 2.30PM QUICKBAKES 2:30 - 3:30PM JUDGING QUICKBAKES 2.45 - 4.15PM DECORATING 4.15PM JUDGING DECORATING	TALKS & CLASSES 12PM KIDS CAKE DECORATING CLASS BY LILLY DEES KIDS CRAFT CLASS BY BUTTERFLY CARDS 3:30PM SIKH HISTORY AND NAMDHARI SIKH PRINCIPLES OF SIMPLE DINING & SOOH (STERILE) FOOD CULTURE BY ANOOP KALSI & JAWAND SINGH Any queries please contact: Gurmit: Gurmit@naturalhermes.co.uk Lilly: Dee.bassani@gmail.com







Our first Eggless Cake off competition 2016, a charity bake off event for all the very talented bakers out there to raise money for the Neuromuscular Centre Midlands and The Namdhari Sikh Gurdwara Birmingham.

This event was for all the skilled bakers to show off their talents and share their fantastic skills. The bakes were categorised according to skill / speciality e.g. show stopper, savoury, quick bakes. The bakes were then judged professionally and sold to raise money for the chosen charities. There was also a children's workshop alongside the main event. We hope this will help encourage the youth to bake, instil confidence when presenting and improve their inter-personal skills.

We also took this opportunity to raise awareness of Sikhi and the dietary requirements of being a Sikh to have a completely vegetarian/eggless diet. We wished to showcase the fact that despite the dietary challenges, we are able to create savoury foods, desserts and some mouth-watering recipes. The Harborne Food School was chosen to host this event for its facilities and location. It is situated on a busy High Street in Harborne, with many restaurants, cafes, shops and supermarkets in the vicinity. There are two car parks to the rear of the School Yard and a walkway by The Food School through to the High St. This gave us space to set up stalls and display posters and banners attracting the general public to attend and join in.

What is the Neuromuscular Centre Midlands?

NMC is a charity set up to offer support to people with muscular dystrophy and other muscle wasting diseases in the Midlands region.

People with these conditions experience a significant reduction in the amount of physiotherapy they receive from the NHS after the age of 19yrs. The correct physiotherapy is essential to people with muscle wasting diseases as it maintains mobility and reduces the rate of muscle deterioration.

One of the main services NMC Midlands offers is free and continuous specialist physiotherapy for people with these conditions.

If you would like more details about NMC Midlands, the website is:

www.nmc-midlands.co.uk

We would like to thank again our sponsors, contestants and all the visitors who came on the day. All of you made the day a great success.

With all of your help we raised almost £1700.00 WOW!!!

After deducting costs we donated over £900 to the Namdhari Sikh Gurdwara Birmingham and Neuromuscular Centre Midlands combined.

We hope you all had a great day and enjoyed everything the contestants made. Another heartfelt thanks to each and every one of you for your time, donations and support. We couldn't have done it without you!

**"IF YOU DO SOMETHING WITH
LOVE AND DEVOTION, THEN IT
IS ALWAYS APPRECIATED AND
NEVER GOES UNNOTICED"
"GURBANI TEACHES US TO
BE COMPASSIONATE, VERY
IMPORTANT IN SIKHISM AND
WE SHOULD NOT DO ANY
HARM TO OTHER LIVING
CREATURES"**

Sri Mata Gursharan Kaur Ji



CHARITY WORK AND SEWA

HEALTH AND WELL BEING

The Good Food & Nutrition Evening Sat 14/1/17

An evening hosted by our NSB Health & Wellbeing team talking about healthy cooking methods, learning about healthy fats & vitamins, blood sugars & carbs, foods for moods and food labelling presented by our guest speaker Shaleen Meelu (Eggless Bake off Judge & Nutritionist)



NSB HEALTH & WELLBEING



6-7:30pm Naam Simran & Kirtan
7:30-8pm Awareness Talk by Guest Speaker

Namdhari Gurdwara Birmingham
1199 Coventry Road, Hay Mills, B'ham
www.namdhari.co.uk

For more information visit us online at:
www.nutrition.org.uk
Kathy: 07979612340
Annie: 0791436064
Dore: 07903663367

FREE
kickstart
Smoothie
of 2017
on us!

The Birmingham Sangat have started a great initiative hosting two great events.

PROSTATE CANCER UK (3RD SEPTEMBER 2016)

The evening began with Naam Simran, followed by a presentation by guest speaker Peter Woodward from Prostate Cancer UK. The Sangat raised over £250 which was donated to this worthy cause. Sangat members were given the opportunity to speak with Peter after the presentation to discuss any personal matters.

GOOD FOOD AND NUTRITION (14TH JANUARY 2017)

This event highlighted healthy foods and healthier ways of preparing and cooking. The Sangat were given the opportunity to learn about good and bad fats, the effect of sugar and carbohydrates. The guest speaker Shaleen Meelu, one of the judges from The Great Eggless Bake off competition, also spoke about food labelling and how certain foods can affect mood.



CHARITY WORK AND SEWA

MACMILLAN CANCER RESEARCH

A fundraising event was organised and held nationally across 5 Gurdwaras in the UK and one in Ireland. The Namdhari Sikh communities have raised nearly £7000 so far for Macmillan Cancer Research across the UK holding coffee mornings and selling cakes to the wider communities. The Leicester Namdhari Sikh Gurdwara alone raised £2,750, which is a fantastic accomplishment coming from such a small community.

Service for the benefit and improvement of society, also known as Kirat Karo (earn an honest living), is a fundamental principle in the Sikh faith and in particular the Namdhari community. Therefore, by taking part in the Macmillan coffee mornings, the Namdhari community encouraged people to get together to raise money to help support cancer sufferers and their families. Community member Mrs Sami said: "The turnout was fantastic, it was busy from start to finish and it was great to see people from so many different faiths coming together and aiding the cause".



Seva (selfless service) is an important theme to Sikhism, it is the belief instilled that Sikhs should provide selfless service to the community. This act was wonderfully captured by this Namdhari community, through their coming together and catering delicious homemade delights such as samosa's, pakoray and a range of vegetarian, eggless, vegan and gluten free cakes. All money raised was donated to Macmillan which strives to help and guide individuals and their families suffering from cancer regain some control back into their lives.

Macmillan Fundraising Manager for Leicestershire, Jo-Anne Wilson, said: "It was a pleasure and honour to be invited to attend the coffee morning at the Namdhari Gurdwara in Leicester. It was lovely to meet so many people from the local community all uniting under one cause – to help make sure no one should face cancer alone. My thanks go to all who organised such a brilliant event and every person who supported it. The community spirit was phenomenal. More than one in three of us will get cancer. For most of us it will

be the toughest fight we ever face. And the feelings of isolation and loneliness that so many people experience make it even harder."

Leaflets in Punjabi have been distributed to help the older generations understand what cancer is and how they can seek help from Macmillan.

Alongside hot drinks and delectable treats, the community organised games such as who could hula hoop the longest and guess how many sweets in the jar, and local businesses also contributed towards raffle prizes. The generosity and organisation from this small community wholeheartedly captured another Sikh principle of Vand Ke Chako, this means sharing everything with those less unfortunate. The hard work and end result was a great success, one that this community should be proud of.

Jaspri Kaur (DeMontfort University)



CHARITY WORK AND SEWA

MIDLANDS FOODBANK OUTREACH

The Namdhari Sikh Sangat Birmingham was invited to participate in the annual interfaith event that is sponsored by Birmingham City Council and hosted by the Clifton Muslim Interfaith (CMI) group which are part of The Khoja Shia Ithna-Asheri Muslim Community of Birmingham (KSIMC Birmingham). Working alongside 8 other community groups, this was our first time.

We were to work together at the culmination of the event on a single suggestion that promotes the shared principles of our different religions. While the need to do something for the less fortunate was identified, it was one of the renowned traditions of Sikhism, to serve 'langar' (shared food) that resonated amongst the attending groups. The idea of providing a meal to any person without any distinction of faith, religion or background, for free, is one of the most defining characteristics of Sikhism that has been carrying on since the time of Sri Satguru Nanak Dev Ji and still continues today in all Gurdwaras around the world.



While the Sangat has been involved in various charitable events, a food bank would be a first and it was also an opportunity for us to learn how various communities organize such this particular project and understand how they overcome some of the challenges that may arise.

DESCRIPTION	AMOUNT
NO. OF FOOD PARCELS DISTRIBUTED	110
NO. OF LEFTOVER FOOD PARCELS SENT TO SALVATION ARMY	22
NO. OF SLEEPING BAGS DISTRIBUTED	26
NO. OF SLEEPING BAGS DONATED TO AS SUFFA OUT-REACH	20

With the overwhelming support of our Sangat, the seva jatha (selfless service team) were able to work together with the various participating communities to make a success of this food bank event.

Navi K Dharni



CHARITY WORK AND SEWA

WALK TO SRI BHAINI SAHIB



Get active, have fun and help humanity. Inspired to create some group activity which would help us to improve our health and well-being, we decided to arrange a series of events to engage the sangat and walk or run a total of 6521km – the distance between East London Gurdwara in the UK and Sri Bhaini Sahib.

The goal is for the sangat to walk or run together and raise awareness and funds to support the

famine victims of East Africa as per Sri Satguru Uday Singh Ji's guidance.

LAUNCH EVENT

We were very fortunate that Satguru Ji and Mata Ji joined us for our launch at Fairlop Waters Park in East London on Saturday 3rd June 2017. With their divine kirpa, we had beautiful weather, and great attendance, 192 of the UK sangat, including people from as far as Ireland and India. And with everyone's efforts we were able to cover a distance of 560km.



SECOND EVENT

A walk was arranged by members of the Birmingham sangat to raise awareness for Kidney Disease. The family who had recently lost their father, had arranged a walk through Birmingham city centre, again with Satguru Ji's kirpa, we had over 100 people in attendance, great weather and added another 312km to the total distance.



THIRD INSTALMENT

Two members of our sangat, from Birmingham and East London, took to the mountains and climbed Mount Snowdon. They climbed up and down the mountain and due to lack of buses, had to walk a little further back to their car. Collectively they walked 79 km and returned safe and sound.

FOURTH EVENT

Members of our Southall sangat joined an organised event to run 5km, partake in Yoga exercise and reflect and meditate. All round health and well-being activities. 8 participants from our group added 40k to the total.



EVENT 5

Gurdwara to gurdwara – the ladies from Southall arranged to walk over 38 km from Southall Namdhari Gurdwara to East London Namdhari Gurdwara. 16 members of the sangat walked approximately 8 hours through central London and totalled 609 km.

The East London Sangat members arranged a great reception for all the walkers!



EVENT 6

A community event was arranged at Southall Gurdwara, to raise money and walk/run more miles finished with a BBQ. 28 participants, including a couple of members from Birmingham, walked 5 or 10 km and they added 190km to the total distance.

EVENT 7

The next event was organised by East Londoners, 25 members collectively walked over 184km through East London.

**PERSONAL GOALS**

One of our younger members has a personal mission to climb Mount Everest, she walked to base camp and returned, leaving Namdhari flag on site! She has walked 150km!

**EVENT 9**

This was half marathon run by two expert runners from the community, covering a total of 41km.



**EVENT 10**

7 of our Southall sangat participated in a Maidenhead Boundary Walk and added another 147km to the total distance walked.

EVENT 11

One of our younger members in Birmingham ran 3.2km with his mum at a school event, where they had Fauja Singh attend and participate in the walk too.

**EVENT 12**

A member of the Birmingham sangat challenged herself to her first half marathon, run and completed and 20.9km contributed en route to SBS!

**CLOSING EVENT**

We are looking at arranging a collective walk to climb Mount Snowdonia to complete this project in 2018.

COMMUNITY AND SANGAT

ਸ੍ਰੀ ਮਾਤਾ ਚੰਦ ਕੌਰ ਜੀ ਦੇ ਜਨਮ ਦਿਵਸ 'ਤੇ ਸੰਗਤ ਦੀ ਸਮਾਜਿਕ ਸੇਵਾ
ਸ਼ਾਪਨਾਚ ਕੌਰ ਚੰਦ ਕੌਰ ਜੀ ਦੇ ਜਨਮ ਦਿਵਸ 'ਤੇ ਸੰਗਤ ਦੀ ਸਮਾਜਿਕ ਸੇਵਾ
Shapanaach Kaur Chand Kaur Ji's Birth Anniversary Mela



SRI MATA CHAND KAUR JI
Namdhari Sikh Sangat UK
REMEMBRANCE PROGRAMME
SUNDAY 14 MAY 2017
5.00AM TO 1.00PM
96 UPTON LANE FORESTGATE
LONDON E7 9LW
Axa Di Var, Naam Simran, Katha, Kirtan,
Diwan, Kavishari, Presentations

For event information contact:
Gurmukh Singh Raja (UK secretary), Bhupinder Singh, Aasa Singh (Birmingham),
Ajeet Singh (West London) Sarwant Singh (Leicester), Gursev Singh (East London)

www.namdharisikh.co.uk office@namdharisikh.co.uk

MELA IN MEMORY OF SRI MATA CHAND KAUR JI

With the blessings of Sri Satguru Uday Singh Ji, Namdhari Sikh Sangat UK held a National Mela in the loving memory of Sri Mata Chand Kaur Ji on Sunday 14th May 2017, hosted by East London and Southall.

Together, we commenced with the lighting of candles on a stage beautifully decorated with flowers and a large printed photo of our beloved Mother Sri Mata Chand Kaur Ji. Candles were lit by members of the Saadh Sangat of all ages, both seniors and children alike, signifying light over darkness, good over evil and wisdom over ego.

The Mela was initiated with an Ardas which was recited by a youth member. The Saadh Sangat was then treated to a majestic Sitar performance in Raag Kirvaani, which was followed by a Diwan, representing the phenomenal life of our much-loved mother.

Various Geet's and Kavita's were sung with immense love and the Saadh Sangat was in a state of constant bliss. All the performances were very emotional and the sorrow was heartfelt in abundance. You could feel and sense the love felt for Mata Ji, present in the hearts of each and every person.

Throughout the Mela, many individuals spoke on stage, paying their respect and homage, while others presented information on the life of Sri Mata Chand Kaur Ji.



COMMUNITY AND SANGAT

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ਸ੍ਰੀ ਸਤਿਗੁਰੂ ਰਾਮ ਸਿੰਘ ਜੀ ਸਹਾਇ ॥

With the blessings of His Holiness, Sri Satguru Uday Singh Ji,
Namdhari Sikh Sangat UK invite you to celebrate

Sri Satguru Gobind Singh Ji's

350th

Parkash Pureb Celebrations

ਦਸਮ ਪਾਤਸ਼ਾਹ, ਸਾਹਿਬ ਸ੍ਰੀ ਸਤਿਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੇ ੩੫੦ ਪ੍ਰਕਾਸ਼ ਦਿਹਾੜੇ ਤੇ ਲੱਖ-ਲੱਖ ਵਧਾਈਆਂ

Satguru Gobind Singh Ji was born in Patna, Bihar 350 years ago to mother Mata Gujri Ji and father Sri Satguru Tegh Bahadur Ji. He was saint as well as a soldier. Among those who had lost hope, He infused the spirit to stand up to oppression and fight for justice. Let us connect with His Gurbani, let us join to remember His contribution to mankind. Let's celebrate the eminent, Sahib-E-Kamāl, Sri Satguru Gobind Singh Ji



'CONTEMPLATE
AND REFLECT UPON
KNOWLEDGE, AND
YOU WILL BECOME A
BENEFACTOR TO OTHERS'

SRI GURU ADH GRANTH
SAHIB JI, ANG 356

Southall	Leicester	Birmingham	East London	Leeds
7.00pm Naam Simran	7.00pm Naam Simran	~ 6.00pm Aarti Di Var	6.00pm Naam Simran 7.30pm Naam Simran & Kirtan	7.00pm Naam Simran
8.00pm Talk on 'The Family Message', followed by Kirtan	8.00pm Showing of Chaur Sahibzadeh DVD	8.00pm Talk on Shahada of Guru Tegh Bahadur Ji followed by Kirtan	8.00pm Naam Simran & Hala Celebrations	8.00pm Naam Simran & Hala Celebrations
8.00pm Dham Gurbani Kirtan Darbar, followed by a Talk on 'The Poet & Literateur'	8.00pm Dham Gurbani Kirtan by 'Loyal Duties' from Rangharia Gurdwara	8.00pm Talk on Shahada of Guru Tegh Bahadur Ji followed by Kirtan	8.00pm Naam Simran, Kirtan & Dham	Indrajit Singh - 0779060029
8.00pm Talk on 'The Soldier Message', followed by Kirtan	8.00pm Historic Kirtan on the life of Guru Gobind Singh Ji	8.00pm Talk on the Battle of Chamkaur, Randor and thereafter followed by Kirtan		Namdhari Sangat Ireland will be releasing an archive of Sri Satguru Gobind Singh Ji's Ishaas, compiled by late Giani Teja Singh
8.00pm Dham on Randor and thereafter	8.00pm Dham Gurbani Kirtan by Ustad Charamber Singh	8.00pm Showing of Chaur Sahibzadeh DVD		
Ajant Singh - 0793866642	Servant Singh - 0799662796	Bhupinder Singh - 0796663349 Anas Singh - 0766355303	Gurpreet Singh - 0766403659	

UK Secretary, Dr Gurmukh Singh Raja - 07961436069

office@namdharisikh.co.uk

COMMUNITY AND SANGAT

The purpose of such events is to help empower the youth with basic Sikh values, so they are more confident as they grow and gain better understanding of their belief.

We want them to excel spiritually as well as academically and learn to serve humanity. The events are led by well rehearsed and learned seniors.

They help to inspire the youth enabling everyone to connect with their heritage and the wider community.

Being able to connect with society and become compassionate and caring, for both the young and old is what we strive for.



SHAHEEDI & PARDESHI GAWAN

22ND JANUARY 2017 MELA

9:30AM - 12:30PM
FOLOWS BY LAKHAR



Sri Satguru Ram Singh Ji leaving the wailing sangat of Sri Bhaini Sahib to begin their exile - 18th January 1872.



On the 17th January, 49 Namdhari Sikhs were blown away with cannons and many cut to pieces with swords without trial. On the 18th, the remaining 16 also died in the same ghastly manner by an order of Mr. Forsythe the Commissioner of Ambala Division.

Over the past few months, we have been following Team  through a timeline of important events in Sikh history.

On Sunday 22nd January, the team from Leicester Namdhari Sikh Gurdwara will explore some key dates, relating to the Kuka Massacre at Maler Kotla, and Satguru Ram Singh Ji's exile to Allahabad.

We hope you can all attend with your families & friends!



"I can recall nothing during my service in India more revolting and shocking than those executions, and there were many who thought, as I did, still think, that the final orders of the Government of India were lamentably misadvised."

The Sikhs of India, Vol. 1, by the Hon. Sir James F. W. Johnston, K.C.S.I., F.R.S.

GURDWARA NAMDHARI SIKH COMMUNITY LEICESTER
68A LINDEN ST, LEICESTER LE5 5EE
07595627516

INSPIRATION FROM SIKHI

I started playing football at the age of 4, for a small football academy, with Sri Satguru Ji's kirpa, I have come a long way winning medals and trophies in different competitions, I have learnt a lot from this sport by establishing myself at the Khalsa football tournaments. I am currently in my 2nd season, in a competitive league where I have learnt a lot about the game and enjoy playing with my football team. For discipline and fitness I started karate 2 years ago where I have achieved recognition and gold medals in different competitions. Karate martial arts has improved my football and has made me a better person mentally and physically too. I've also taken part in a cricket tournament where out of 265 teams my school team came 3rd place at the Edgbaston Cricket Ground. I enjoy all different sports and will continue to improve myself at all different levels,

Sri Satguru Uday Singh Ji has helped me by blessing me with their divine darshan whilst I was standing outside at the Gurdwara carpark. They called me over and asked what club I play for, I then said for a local team in a league. They were amazed and told me that I would do even more great if I work

harder and not to give up. This inspired me to work hard so I could make Sri Satguru Ji really proud and gain Their blessings.
Gian Singh Chana



As a Namdhari Sikh in any profession, there can be a recurring question which is asked, and is worth asking: "How much has your faith had an impact in what you do?" It is a deceptively simple question, yet deserves some thought. As a short answer, I know that it has informed my life a great deal, but how? And when? In what form?

When asked in a recent interview with GQ Magazine about my thought processes when I begin to think about designing a building, I referred not only to my formal architectural training, but more importantly to my upbringing learning classical music in the Sikh tradition. Both Sri Satguru Jagjit Singh Ji and Sri Satguru Uday Singh Ji have encouraged parents to allow their children to learn music so that "...the sweet aroma of sound can be sensed in every child". It was only many years after I stopped learning music that I realised Sri Satguru Ji's comments; it was not just to teach a child about Sikhi, music, reading and writing. For myself and many others, it was much, much more. Ideas of rhythm, tempo, mood, colour, texture and atmosphere were all concepts introduced to me first not at architecture school, but by my music teachers at a very young age.

These concepts relate both to music and architecture, and I realised that Sri Satguru Ji's order was, and is, so much more profound than at first thought.

Sri Satguru Ji has encouraged generations of children to learn music, as these concepts here relate to all things good, and are of course transferable to other disciplines. When I design a building, I think not of

walls, ceilings, roofs, windows, etc., but of my music lessons as a child, and of Sri Satguru Ji's amazing love for life.

Invariably, when there is a downturn in the economy, at times it can be very difficult to find work. In 2009, in the height of the recession, and as a newly qualified Architect, this is exactly the situation that I, and many other Architects, found ourselves in. However, during this time, I also realised a key tenet of Sikhi that Sri Satguru Ji always reminded us of; that the greatest service is that towards humanity, especially those who have less than us. Fuelled by this direction, I began in earnest working with charities and not-for-profit organisations, sometimes offering my services for free, so that I could contribute my skills to a good cause. During this period of my career, I met some amazing people, and learnt so much about what it means to be part of a community. I grew as a person and Architect. Further, without this experience, I would not have been able to secure later commissions from charity organisations. Now, my work with charities and housing associations is something that I'm most proud of, and gives me most pleasure. Our recently completed award-winning Phoenix Garden Community Building in London is testament not only to hard work by lots of people, but is a salute to Sri Satguru Ji's emphasis on love for all, and helping those in need.

Gurmeet Singh Sian



I was born and brought up in a Namdhari Sikh family where the daily Sikh tradition and discipline was followed and observed by my elders. Getting up reasonably early, reading and reciting Gurbani and meditating on name of God was their daily practice.

My Father Sant Gurdev Singh Ji is keen on sport especially wrestling. I saw him doing exercises such as press ups, squats and many more as part of his morning routine. I slowly joined him in his exercise routine in my childhood according to my ability.

In my teenage years, when I was completing my apprenticeship in carpentry after school, I was sent to Sri Bhaini Sahib to give Daswand of the Sangat, where Sri Satguru Jagjit Singh Ji saw me as a tall young boy. I was asked by His Holiness's Secretary Sant Tarsem Singh ji to join the Namdhari Athletic team in Sri Bhaini Sahib in 1982-83. This is where I stayed for 8-9 months.

Then I came to the United Kingdom in 1984. I went back to Sri Bhaini Sahib for Darshan of Sri Satguru Jagjit Singh Ji in January 1989, and Satguru Ji asked me at that time "What do I do?" I mentioned my work and fitness routine. Sri Satguru Ji asked me to carry on with athletic type of fitness.

Apart from being a Project Manager on construction sites and now owning my own business as a Building Contractor, I have completed 10 full marathons (ran 4 times in London Marathon) and about 25 half marathons and about 25 of 10k runs. I also served more recently as a President of "Sikhs in the City" running club.

Whenever I go out for run, the anointed words of Sri Satguru Jagjit Singh Ji come to my mind, and I run with thoughts of Sri Satguru Ji; that it is the will of my Satguru Ji to do this activity of running, and I consider it as Simran (meditation).

Sulakhan Singh Jandu



JAGJIT ARTS

"MUSIC IS GODS FOOD AND TRUTH HIS ATTIRE"

-SRI SATGURU JAGJIT SINGH JI

With Sri Satguru Ji's vision in mind, a music and arts organisation has been set up with assistance from Ustad Dharambir S Ji and several members from the UK Sangat.

An organisation inspired by the virtuoso Sri Satguru Jagjit Singh Ji. Presenting excellent events for all, whilst maintaining its rich musical heritage.

After the initial workshop, core needs were established and achievable goals set. Aim was to provide a platform for all young up and coming artists. Also, to share our wealth of knowledge and experience with those who want to learn following the Guru Shish Parampara.

A series of successful musical Bethaks, concerts, workshops and classes have already taken place nationally with the official launch event held in London, August 2017 held in the presence of Sri Satguru Uday Singh Ji.

The first event was a collaboration with Sitar Music Society held in Leicester. This event was well attended and received a standing ovation. Namdhari youth were prominent on stage.

The second event was held in Birmingham, our first solo event. We had Ustad Surjeet Singh Ji performing on Sarangi as the main item as well as his students. A very well attended concert with a full house.

Further events include a Gurbani Kirtan concert in Namdhari Sikh Gurdwara Leeds, vocal concert in Namdhari Sikh Centre Southall and vocal concert in Namdhari Gurdwara East London.

JAGJIT ARTS



We are currently working towards the next year and events have already been planned.

We are also looking at gaining some funding and improving our marketing strategy.



RAINMAKER: A RHYTHM JOURNEY

RAINMAKER: A RHYTHM JOURNEY WITH BALWANT SINGH

-TALVIN SINGH, TAUFIQ QURESHI AND FRIENDS

To welcome in the monsoon season, Jagjit Singh Arts, a non profit organisation presents 'Rainmaker'. The organisation was set up in honour of Sri Satguru Jagjit Singh to promote, preserve and make accessible Indian classic music for all. Sri Satguru Jagjit Singh was a spiritual master, musician, philanthropist, and his legacy remains a source of strength and inspiration for many. His support for many of the greatest names of Indian Classical music is well known: Ustads Vilayat Khan, Piara Singh, Amjad Ali Khan and Alla Rakha; Pandits Krishan Maharaj, Birju Maharaj and others. He also mentored many talents from the Sikh Namdhari community including the renowned Punjabi vocalist and multi instrumentalist Balwant Singh, who brought in the first part of the evening.

Accompanied by a host of talented musicians: Harpreet Singh (tabla), Kirpal Singh Panesar (tar shehnai) and Uday Singh (dilruba), Shri Balwant Singh performed ancient compositions taught by his Guru. The show took off with an aptly chosen early evening Raga Kedar in Taal Dhamar. Raga Kedar, named after Lord Shiva occupies a high place in the hierarchy of Ragas. It is characterised by complex melodic gestures and turn of phrase. In the hands of a technical virtuoso, the execution was nothing short of sublime.

What followed were bandishes of other Ragas: Raga Gara, which belongs to a family of ragas (Kafi, Pilu, Zilla), is believed to have derived from folk traditions. These remained informal melodic entities until the 18th century, after which their syntax was organised by classically trained musicians. They are still rarely performed on the classical stage so this was a real treat. In keeping with the evenings 'Rainmaker' theme, Raga Miyan Malhar came next. Miyan Malhar is a variation of Raga Malhar, introduced by Tansen, a composer in the Mughal court of the Emperor Akbar. Associated with the atmosphere of torrential rains,



legend has it that the power of this raga is such that it can induce rainfall!

In the second part of the performance, we experienced a break with ancient tradition, and saw a contemporary fusing of disparate elements from Eastern and Western cultures. Taufiq Qureshi, accompanied by Kirpal Singh Panesar on the esraj kicked off the final part of the evening with a riotous solo on the djembe, playing an array of Indian, Arabic and African inspired grooves. A particular favourite was his lively interpretation of a traditional Maharashtran rhythm fused with a traditional tabla technique of 'rela' layered over it. Qureshi's 'feel for the world of sound with all its intricate nuances' makes him one of the most popular percussionist and composers in the world of studio recordings, with numerous awards to his name. His signature style involves the adaptation of tabla techniques and syllables onto other percussive forms, such as the djembe, duff, bongos, and batajon.

He was then joined on stage by Talvin Singh (tabla), Rupa Panesar (sitar), and Ben Hazleton (double bass). Talvin Singh (OBE) a celebrated producer, composer, DJ and tabla player, is known for fusing elements of Indian classical music with Western

genres. Internationally recognised as the father of modern Asian electronica, he has numerous accolades to his name including the Mercury Prize and the Southbank Prize. He has collaborated with many artists including Bjork, Blondie, Madonna and Nusrat Fateh Ali Khan. Rupa Panesar, known for her soulful and emotive sitar playing, is a rising star on the UK's Indian classical music scene. Kirpal Singh Panesar also one of the brightest talents to emerge on the UK's music scene, is regarded as one of the leading tarshenai/ esraj players today. He has accompanied many greats such as Ustad Sukhwinder Singh Pinki and Pandit Rajan Misra. Ben Hazelton, 'Young Jazz musician of the year 2003', is one of the best contemporary jazz bassists of his generation.

The musical chemistry between these talents was wonderful and the collaboration took off with a piece called 'Prayer', a composition by Talvin Singh, dedicated to the late Pandit Ravi Shankar for 'his contribution to music universally'. Backed by an electronic track, each musician contributed layers of rhythm and melody that made for an emotive, hypnotic piece. A beautiful rendition of Raga Desh was performed, chosen not only because it is a monsoon evening raga, but also because it was one of Satguru ji's favourites. The audience went

on to hear some rhythmically interesting pieces: a composition in four and a half beats, tabla and djembe solos, and even a drum duo in teental between Taufiq Qureshi and Talvin Singh.

The entire evening was peppered with anecdotes about Satguru ji's life and each artist paid homage to him and what he personified. To worship Satguru ji is to worship music as God. As we were taken on a mellifluous journey from ancient to modern, this context remained the same, reminding us that the journey is essentially always inwards.





NAMDHARI SIKHS UK

Special Thanks to:

Thank you to all those who have helped create this document and credit to the photographers.

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